ANIMAL JOURNALING PROMPTS

An invitation to notice and connect with other animals in our lives

(We are animals too.)

Observe · Imagine · Create

NOTICE & MAP

What animals do you encounter in your everyday life?

(At home, in your neighbourhood, in books, in memory, online.)

Which animals feel close to your attention? Which feel further away?

Notice with your senses. Look around, above, below, and within water. Notice size and scale.

RELATIONSHIPS

What kind of relationship do you have with the animals you've noticed?

Companion · Wild · Farmed · Working · Observed · Imagined · Remembered

Which animals are easy to forget or overlook — and why might that be?

Reflect and write some thoughts

IMAGINE & CARE

Choose one animal. Imagine living in their body —

paws, hooves, feathers, scales, gills.

What might a normal day be like for them? Where do their lives cross with human lives?

A gentle note

Many animals live within systems that make life harder for them. Paying attention — even briefly — can be a first act of care.

LISTEN & LEARN

Choose one animal and spend a little time observing and noticing.

What qualities or abilities does this animal have?
What might it teach humans, simply by being who it is?
What does it need to flourish or live well?

✎ *Write lists, keep a short daily log, or make some simple sketches.*

CREATE

From your notes and sketches, what feels most interesting to explore or respond to? There's no right or wrong way — follow your intuition. Here are a few ideas:

✎ *Make an Animal Map using collage, drawing, or writing about the animals in your life*

✎ *Create a collaged mini zine: gather images of animals and arrange them with words, textures, or patterns*

✎ *Write in different forms: a conversation, memory, story, poem, letter, or postcard — to the animal, or from its perspective*

GOING FURTHER

- Keep journaling: notice, record, and explore the animals you encounter in your life with curiosity.
- Learn more: browse your local library for books, DVDs, and other resources about animal lives — in nature, fiction, and biography
- Take action: support a local animal sanctuary or an animal advocacy charity

Devised by artist Jean McEwan